## Friendship Heights Village Center



# Calendar of Events 2010

A few spaces remance of Sunset Bon Saturday, Jan. 22. We will leave the The cost of the trip,	re Theatre main for our trip to the alevard at Arlington's series Center at 12:45 p.m. which includes a discontant, and all gratuities	e matinee perfor- Signature Theatre on and return by 5 p.m. counted ticket in row	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel NO CONCERT Happy Hanukkah	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Bells of St. Mary	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 - 2:30 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 2:30 - 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: Washington Irving	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Ask a Pharmacist" 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Seven Sopranos	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Get Low	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Tea and Talk: Carol Rizzoli: The House at Royal Oak	8:15 a.m.: Walking Club
2 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Depart for the Greenbrier 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Kinor Dance Company	16  8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:30 p.m.: Depart for Mormon Temple 7 p.m.: Movie: Salt	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	18 8:15 a.m.: Walking Club
9 2:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	20 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 – 2:30 p.m.: Blood Pressure Screening 11 a.m.: Village Book Club? 12:30 p.m.: Vision Support 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses: Ralph Waldo Emerson	10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Beltway Brass	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Disney's A Christmas Carol	Center Open 9 a.m. to 2 p.m.  Shuttle Bus runs on weekend schedule 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Club  Merry Christmas!  Center Closed  No Shuttle Bus Servi
:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	27 10 a.m.: Great Books 2:30 p.m.: Acrylic or Oil Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist	10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Friday Morning Music Club	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.:Movie: Toy Story 3	Center Open 9 a.m. to 2 p.m.  Shuttle Bus runs on weekend schedule 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	

#### **Shuttle bus hours**



Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

#### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

### Don't forget your food and toy donations!

The Village Center will continue to collect new toys for needy children and food items for Manna Food Center until Dec. 15.

Please bring to the Center donations of cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kidfriendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Toys must be new.